

## Use Fresh Flowers to Improve Your Mood

Have you ever received a bouquet of fresh flowers? Do you remember how it made you feel? Well, studies have shown that receiving flowers has almost an immediate effect on our moods. Recent research by a psychologist at Massachusetts General Hospital and Harvard Medical School followed the activities and moods of 55 people ranging in age from 25 to 60. Half the participants received a home decor controlled item, and the other half received fresh flowers.

The results showed that the people with the fresh flowers in their home felt less worried and had fewer periods of anxiety or depression. They also felt more considerate of other people. And interestingly, they brought those effects to their workplaces. At work they were more relaxed and also had more energy and enthusiasm. The general effect of living with fresh flowers, for even this short period, was that people just felt more positive - about both their personal and professional lives.

## Think fresh flowers are too expensive?

- Check out our weekly specials in store starting every Thursday
- Sign up for our newsletter to receive info on additional specials throughout the year
- Become a "Frequent Flower Lover Member" and save 15% on all of your purchases!
- Come in and see us for more information
- Enter our monthly draw for free flowers
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## What's new in the store?

### **Speckles and Weeds Cards**

A delicious series of cards that unravel the truths of parenthood. They are the perfect little gesture for that frazzled new Mom/Dad or just a simple laugh for anyone who can relate.

### **Melissa and Doug**

A return to the old fashioned wooden toys that we grew up with. Chunky puzzles for 1+, Bug catching games for 3+. The adorable garden totes for kids are also worth a peak

### **Master Mu**

For the one in your life who may need a little inspiration or simply a kind and gentle life coach.

## Prebook for your Mother's Day Bouquet and Save 15%